

COLD WEATHER-RELATED INJURY PREVENTION

Leaders and soldiers should understand that prevention of cold injuries is vital to sustaining combat power. In cold environments, leaders must continually be aware of the condition of their soldiers and be especially alert for signs and symptoms of cold injuries. Prevention, early detection, and immediate evacuation are the leader initiatives through which cold injuries should be managed in the field.

Critical Links– Risk Management

TRADOC Regulation 350-6 - Enlisted Initial Entry Training (IET) Policies and Administration, 30 December 2005

TRADOC Regulation 350-29 - Prevention of Heat and Cold Casualties, 16 July 2003

NOTE: See Cold Casualty Risk Management Steps (*paragraph 2-5b*) and Risk Assessment Guidelines (*Appendix B; paragraph B-1, Risk Management; step 2 Assess Hazards*)

Unit Leader's and Instructor's Risk Management Steps for Preventing Cold Casualties, November 2006 (PowerPoint Presentation)

Quick Links

Army Policy Memorandum: Cold Weather Related Injury Prevention Program, 2006-2007

Cold Injury Articles

Cold Weather-Related Injury Prevention Products

Field Manuals, Technical Bulletins – Medical, and Fact Sheets

Guidance

Major Army Guidance Document: TB MED 508 - Prevention and Management of Cold Weather Injuries, April 2005

Presentations and Training Aids

Risk Management

USARIEM References

Heat Injury Prevention Page

GUIDANCE AND PUBLICATIONS

Articles

Countermeasure Magazine, Vol 24, October 2003, Family of Space Heaters - Emphasis on Safety

Countermeasure Magazine, Vol 26, September 2005, Taming Nature Issue

Countermeasure Magazine, Vol 27, September 2006, The Frosty Toe Mystery

Countermeasure Magazine, Vol 27, October 2006, Kill the Chill Issue

US Army Medical Surveillance Monthly Report (MSMR):

- Cold Injuries, Active Component Members, US Armed Forces, July 2000-June 2005
- Cold Injuries, Active Duty, US Armed Forces, July 1999-June 2004
- Cold Weather Injuries, Active Duty Soldiers, 1997-2000
- Cold Weather Injuries, Active Duty, US Army, 1998-2003
- Cold Weather Injuries among Active Duty Soldiers, US Army, January 1997 - July 2002
- Cold Weather Injuries among Active Duty Soldiers, US Army, 1997-2001
- Cold Weather Injuries in Active Duty Soldiers, January 1997
- Cold Weather Injuries, Ft Drum, NY, February 1996
- Cold Weather Injuries, Oct - Dec 1995

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Cold Weather-Related Injury Prevention Products

The Disease Prevention and Control Program of the U.S. Army Center for Health Promotion (USACHPPM) in collaboration with the U.S. Army Research Institute of Environmental Medicine (USARIEM) has developed cold injury prevention material for use at U.S. Army installations.

All products can be downloaded here. Additionally, the Avoid Cold Casualties! Poster, the Cold Weather Casualties and Injuries Chart, and the Cold Weather Casualties and Injury Cards can be ordered from the USACHPPM [Health Information Products](#) page.



1.



2.



3.



4.

- [Avoid Cold Casualties!](#) (11 x 17 inch Poster)
- [Cold Weather Casualties and Injuries Card](#) (Quad-fold)

Instructions:

- Configure local printer to print “double sided” on 8½ x 11 inch paper
- Fold the sheet into half horizontally
- Fold in half vertically, finished product size 5½ x 4 ¼ inch

- [Cold Weather Casualties and Injuries Chart](#) (18 x 24” Poster)
- Unit Leader's and Instructor's Risk Management Steps for Preventing Cold Casualties (8 pages, 8½ x 11 inches) [PowerPoint Version](#)

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Field Manuals, Technical Bulletins – Medical, and Fact Sheets

FM 4-25.11 – First Aid, December 2002 ([requires AKO access](#))

FM 21-10 - Field Hygiene and Sanitation, 21 June 2000 ([requires AKO access](#))

FM 31-70 – Basic Cold Weather Manual, April 1968 ([requires AKO access](#))

TB MED 508 - Prevention and Management of Cold Weather Injuries, April 2005

USACHPPM Fact Sheet: Guidance on the Use of Heaters Inside Tents and Other Enclosed Shelters, 2005

USACHPPM Fact Sheet: Tent Heaters - Individual, 2003

USACHPPM Fact Sheet Tent Heaters - Medical, 2003

USACHPPM Fact Sheet: Wearing Army Combat Boots in Cold Weather

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Guidance

Clinical Guidance for Case Classification and Reporting Requirements

General Guidance for all Cold-Weather Physical Training (PT)

TRADOC Winter Safety Guide, 2006 from Fort Leonard Wood

Unit Leader's and Instructor's Risk Management Steps for Preventing Cold Casualties

Wind Chill Temperature Table

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Risk Management

TRADOC Regulation 350-6 - Enlisted Initial Entry Training (IET) Policies and Administration, 30 December 2005

TRADOC Regulation 350-29 - Prevention of Heat and Cold Casualties, 16 July 2003

NOTE: See Cold Casualty Risk Management Steps (*paragraph 2-5b*) and Risk Assessment Guidelines (*Appendix B; paragraph B-1, Risk Management; step 2 Assess Hazards*)

Unit Leader's and Instructor's Risk Management Steps for Preventing Cold Casualties, November 2006 (PowerPoint Presentation)

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USARIEM References

Nutritional Advice for Military Operations in a Cold Environment

USARIEM Technical Note/02-2, Sustaining Health and Performance in the Cold, October 2001

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PRESENTATIONS AND TRAINING AIDS

PowerPoint Presentations

Unit Leader's and Instructor's Risk Management Steps for Preventing Cold Casualties, November 2006

Cold Injuries: Description, Treatment and Prevention, November 2006

Proper Wear and Maintenance of Cold Weather Clothing and Equipment, November 2006

Field Sanitation Team Training Presentation, Lesson Plan 11, AMEDDC&S

10th Mountain Division at Fort Drum PowerPoint Presentation

Training Aids

GTA 08-05-062, Guide to Staying Healthy, September 2000

GTA 08-06-012, Adverse Effects of Cold, August 1985

GTA 05-08-012, Individual Safety Card, 25 February 1999

TC 21-3, Soldier's Handbook for Individual Operations and Survival in Cold-Weather Areas, March 1986 ([requires AKO access](#))

TRADOC Common Core TSP 081-C-1045, Perform First Aid for Cold Injuries, March 1999 ([requires Knowledge Center registration prior to access](#))

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